



Who will you
Relay for?

www.relayforlife.org.au



Celebrate



Remember



Fight Back!

What is Relay For Life?

Relay For Life is an overnight, community event where teams of 10-15 participate in a relay-style walk or run to raise funds for the Cancer Council. The event brings the whole community together for a night of fun, entertainment, celebration and remembrance.

Each Relay For Life event is organised by a local volunteer organising committee on behalf of the Cancer Council.

Why do we Relay?

Every five minutes, another Australian is diagnosed with cancer. While survival rates are improving every day, cancer remains a leading cause of death. That's why it's so important that we raise funds to fight cancer. Every dollar raised at Relay For Life helps the Cancer Council to:

- Investigate new ways to prevent, detect and treat cancers
- Educate people in your community about ways they can reduce their cancer risk
- Advocate for cancer control and influence government policy
- Support people during their times of greatest need.

How did it all begin?

Relay For Life began in the USA when, in 1985, Dr Gordy Klatt raised over \$27,000 for his local cancer charity by running around an oval for 24 hours. Since then, the event has spread across the USA and then across the globe. Relay For Life is now held in over 23 countries and is the world's largest fundraising event.

Relay For Life began in Australia in 1999, when the Victorian community of Murrumbidgee raised over \$75,000 for the Cancer Council. Relay For Life is now run in every state and territory, and raises over \$14 million each year for the cancer fight.

Who can participate?

Everybody in the community can get involved.

Cancer Council recommends each Relay For Life team consists of 10-15 team members, including a nominated team captain. There are no age limitations or fitness requirements – Relay For Life is suitable for everyone, and anyone can join in the fun!

Please note: all participants under the age of 18 years must have adult supervision at all times.



Celebrate. Remember. Fight Back!

A number of ceremonies take place during Relay For Life.

Celebrating survivors and carers

The opening lap of each Relay is dedicated to cancer survivors and those who have cared for someone facing cancer. Survivors and carers lead the opening lap, wearing special sashes to symbolise their courage and strength. All cancer survivors and carers are welcome to join in - you don't even need to be a member of a team.

Participants in the Survivors and Carers Walk include those who are now cancer free, those who are currently undergoing treatment, those walking with the person they cared for and those walking in honour of someone.

A time to remember

As dusk settles, candle tributes are placed along the inside of the track for the start of the Candlelight Ceremony. For a small donation, you can light a candle to honour and support someone living with cancer or in memory of a loved one lost. Bags inscribed with personal messages of love, remembrance and hope give a warm glow to inspire Relay participants as they walk through the night.

A pledge to Fight Back!

After the Relay concludes there is a special closing ceremony that celebrates participants' achievements. The ceremony includes prizes for individuals and teams and provides everyone with an opportunity to keep on fighting. During this ceremony, you can make a pledge to continue the fight against cancer in your own special way. The pledge represents what we are willing to do for ourselves, for our loved ones, and for our community to fight cancer year-round and to commit to saving lives. Perhaps it is as simple as getting a mammogram, recommending your neighbour or father get a health check, committing to losing weight, or telling your neighbour to call the Cancer Council Helpline 13 11 20 to get more information on their cancer diagnosis. These simple steps can save lives.



What's involved in Relay For Life?

Fundraising

Relay For Life is not a 'pledge-style' fundraising event, so participants don't seek promises of money for each lap completed. Instead, teams hold fundraising events in the lead up to their Relay, and ask people in the community for their support. All donations of \$2 and over are tax deductible.

There are limitless ways a team can raise funds. Fundraising can be as simple as taking donations from friends, a raffle at your workplace or a trivia night - the possibilities are limited only by your imagination! Registered teams will receive a Fundraising Booklet filled with tips to help make fundraising fun and easy.

By registering to participate in Relay For Life online, you can manage all of your fundraising efforts at www.relayforlife.org.au including sending an email to your friends requesting support, tracking your funds raised and seeing how the other teams registered at your Relay are going.

Camping out overnight

Bring your tent, your lantern, and then get ready for the festivities! Team members are encouraged to camp out overnight and enjoy the activities at the event into the early hours.

Entertainment

A showcase of local talent keeps everyone entertained during the day and motivates teams well into the night. If you are an entertainer, you might like to volunteer your time during the event.

Food

You can bring your own food or purchase it from vendors at the venue. You may also be able to cook food on your own BBQ or one at your local venue, depending on facilities and fire ban restrictions.

Team themes

Teams are encouraged to develop a team theme and to decorate their campsite. This not only helps add to the carnival atmosphere on the day, but makes for great photos.

Prizes

A number of prizes are awarded for outstanding fundraising efforts and for getting into the spirit of Relay. Some events have spot prizes where anybody in attendance might win a prize.

Joining Relay For Life

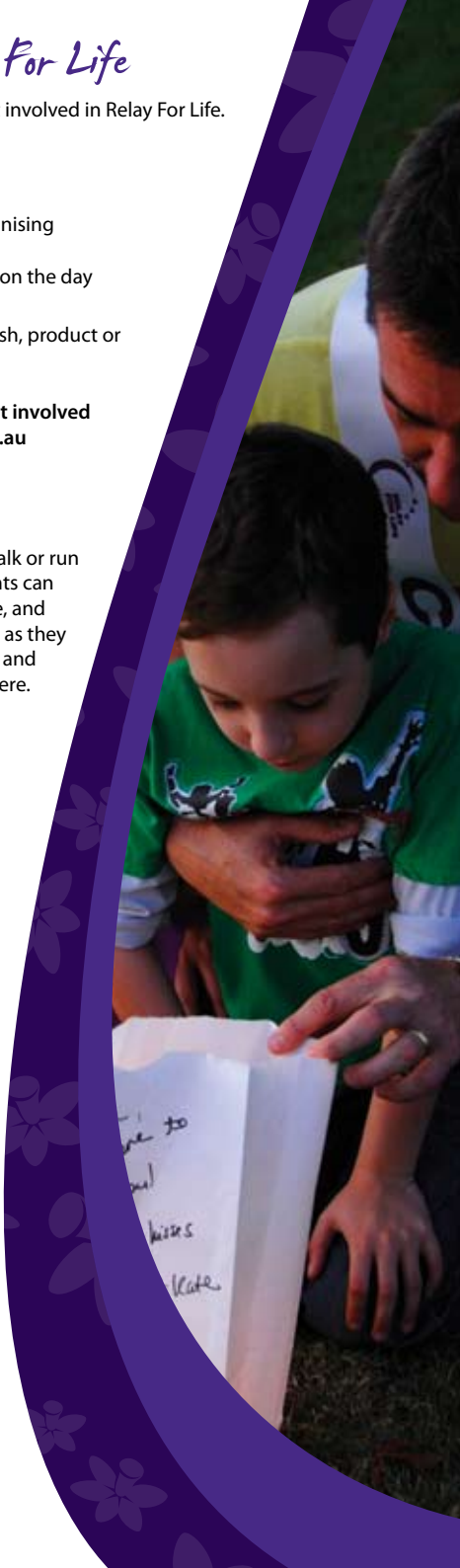
There are many ways to get involved in Relay For Life. You can:

- Start your own team
- Join an existing team
- Volunteer for the organising committee
- Volunteer to help out on the day
- Make a donation
- Become a sponsor (cash, product or services).

To find out more and to get involved go to www.relayforlife.org.au

On the day

Roster team members to walk or run around the track. Participants can come and go as they please, and walk as many or as few laps as they want. Set up your campsite and enjoy the carnival atmosphere.



Register now!

Register or join a team

Register your team online at **www.relayforlife.org.au**

Registering online enables you to:

- Create a team page where you can display your fundraising goals and aspirations
- Explain why you and your team members are passionate about Relay For Life
- Email friends and family, asking them to join your team and help lead the fight against cancer
- Invite others to donate to your team and help you reach your team target
- Watch your team total grow and even get an update on the top team fundraisers across your state.

Once registered, team captains will receive a team kit with everything team members need to prepare for the event including:

- Team member handbooks
- Relay For Life shirts (one for each registered team member)
- A Fundraising Booklet
- Receipt and banking deposit books.



www.relayforlife.org.au
1300 65 65 85

Registration form

Register now for only \$15 per team member

Please complete both sides of this form

I would like to register as a:

☐ Team Captain ☐ Team member ☐ Volunteer

Or ☐ I would like to make a donation

Personal details

Mr / Ms / Miss / Mrs / Dr / Other (*please circle*)

☐ Male ☐ Female

First Name:

Surname:

Organisation: (*if applicable*)

Address:

Postcode:

Email:

Preferred contact no.

Work:

Home:

Mobile:

Date of Birth:

Signature :

(*If you are under 18, a parent/guardian is required to sign on your behalf*)

Print name:

Date: /

Please complete
overleaf 

cut along line and return



Team details

Team name:

Team Captain name:

Venue:

Year:

Polo shirts

Adult XS:

Adult XL:

Kids 4-6:

Adult S:

Adult 2XL:

Kids 6-8:

Adult M:

Adult XL++:

Kids 10:

Adult L:

How did you hear about Relay For Life? (please circle)

Mailout / Fax / Email / Phonecall / Newspaper / Website /

Cancer News / Word of mouth / Magazine / TV / Radio /

Other: _____

Payment details

Registration fee – \$15 per team member

(including Team Captain)

☐ Please find enclosed my cheque for \$ _____

(Payable to Cancer Council Victoria, Relay For Life) OR

☐ Please debit my credit card \$ _____

☐ American Express ☐ Master Card ☐ Visa ☐ Diners

Card Number:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Expiry Date:

/

Card Holder's Name:

Card Holder's Signature:

Please return to Relay For Life, Cancer Council Victoria
1 Rathdowne Street, Carlton 3053 Facsimile: 9635 5240

Your privacy: Cancer Council Victoria respects your privacy. If you would like to know more about your rights and our obligations, you can view our Privacy Policy on our website www.cancervic.org.au or call 1300 65 65 85 for a copy. The Cancer Council stores your information to let you know about our fundraising events. We do not sell, rent, share or disclose your details under any circumstances. If you no longer wish to receive promotional correspondence from us, please tick here ☐ and complete and return this form.

Office Use Only

ID:

DEPOSIT No:

RECEIPT No:

*Celebrate
Remember
Fight Back!*



CUT ALONG LINE AND RETURN

[Handwritten signature]